



Flavors of West Africa



a journey to savor...



For more information on Taste of Africa, visit:

www.tasteafricanow.com

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From fiery peppers to sweet honeys, wholesome teas to rich chocolates, perfect wine to tangy fruits, *Africa tastes just right.*

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CONVERSION GUIDE

Weight

¼ oz	7 g
½ oz	14 g
1 oz	28 g
2 oz	57 g
3 oz	85 g
4 oz	113 g
8 oz	227 g
12 oz	340 g
1 lb	454 g
2 lb	907 g
5 lb	2270 g

Temperature

°C	°F
110	225
120	250
140	275
150	300
160	325
180	350
190	375
200	400
220	425
230	450
240	475
270	525

Volume

1 teaspoon		5 ml
1 tablespoon	½ fluid oz	15 ml
¼ pint	5 fluid oz	145 ml
⅕ pint	8 fluid oz	225 ml
½ pint	10 fluid oz	285 ml
¾ pint	15 fluid oz	430 ml
1 pint	20 fluid oz	570 ml
1 ¾ pint	35 fluid oz	1000 ml



Photo credit: stumptownvegans.com

~ **TIGADEGANA** ~

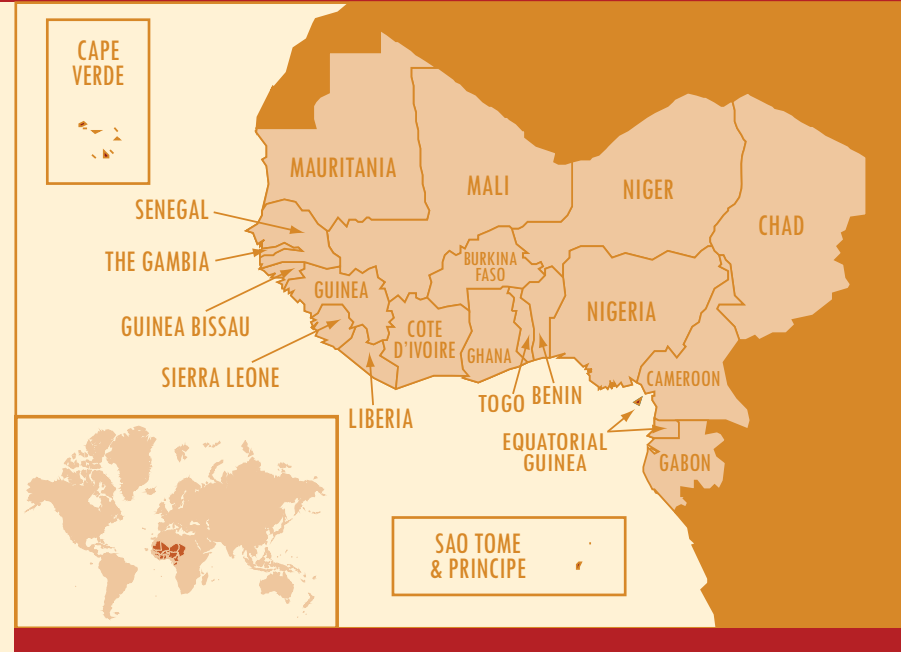
Ingredients

- 1 tablespoon vegetable oil
- 2 cups chopped onion
- 3 cloves garlic
- 2 teaspoons grated fresh ginger
- 4 cup vegetable stock
- 2 cup tomato juice
- ½ teaspoon cayenne (or to taste)
- 1-1 ½ cup smooth peanut butter
- 2 cup chopped cabbage
- 2 cup chopped sweet potato
- 1 cup chopped okra (if available)
- Salt and pepper
- Rice or couscous (this sauce can be served over either)
- Handful of chopped scallions

Preparation

1. Heat oil in a skillet and saute onions, garlic and ginger until soft.
2. Add vegetable stock, tomato juice and cayenne.
3. When hot, add peanut butter and mix well. Allow to boil for 10-20 minutes to thicken.
4. Add remaining vegetables. Season to taste. Cook 20 minutes or so until vegetables are soft.
5. Serve over rice or couscous and garnish with scallions.

LINKING BUYERS WITH AFRICAN BUSINESS



West Africa Trade Hub

Making Trade Happen



USAID's West Africa Trade Hub is a project sponsored by the United States Agency for International Development to help West African countries take advantage of the US African Growth and Opportunity Act (AGOA).

Without commercial self-interest, the Trade Hub operates from a neutral standpoint, as an honest broker. Buyers can benefit from their in-depth local expertise and regional presence. The USAID West Africa Trade Hub identifies export-ready companies in 21 West African countries, which have the capacity and reliability to export. We work only with those that have shown they are able to meet international standards.

With offices in Ghana and Senegal, the Trade Hub acts as a bridge between buyers and producers and can offer hands-on help to buyers at any stage of the production process.

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DRINKS



~ TIEBOU DIEUNE ~

Ingredients

- 40g penda tiebou dieune spice mix
- 10 kg rice
- ¼ liter oil
- 1 ½ liters water
- 500g fresh fish
- 250g sardines
- 50g Yeet (dried snails) or conch
- 500g dried fish
- 500g vegetables (carrots, cabbage, cassava)
- 150g concentrated tomato
- 50g fresh tomato
- 10g fresh hibiscus leaves
- 100g onion
- 5g salt; 5g ground pepper; 10g of garlic; 10g of parsley; 1 strong chili pepper

Preparation

1. Wash the fish well and dry for 15 minutes.
2. Crush and mix the following to make a stuffing: 1 garlic, 10g of Penda mix, 5g of pepper, 50g of onion, 10g parsley, ½ a sweet pepper.
3. Fill the fish with the stuffing.
4. Heat ¼ liters of oil in a cooking pot.
5. Cook the following ingredients for 10 minutes in hot oil: 50g of dried snails or conch; 50g of chopped onion; 150g of tomato concentrate; 50g of fresh, crushed tomatoes, 1 sweet pepper, and 5g of salt.
6. After 10-15 minutes of cooking, add 1½ liters of water, 30g of Penda mix, and bring to a boil.
7. Add the stuffed fish, vegetables, 5g dried fish, 20g of Penda spice, 10g of onion, 3 cloves of garlic, and 1 crushed chili pepper. Reduce to a medium heat and let simmer until fish and vegetables are well cooked.
8. Take out the fish and vegetables and let the broth simmer.
9. Cook the rice in boiling water for 15 minutes
10. Put the rice in the simmer broth until the rice absorbs all the broth. Stir 1- 2 times.
11. Serve the rice with fish and vegetables.



~ SHITTO-STYLE CHICKEN ~



Photo credit: www.lekanary.com

~ BAOBAB FRUIT JUICE ~

Ingredients

- 1 ½ lbs cubed chicken breast
- 2 yellow onions, sliced
- 2 red peppers, sliced; 2 green peppers, sliced
- 2 tomatoes, sliced
- One 3.6 ounce can of Country Home Foods Shitto Sauce
- 1 cup water
- 2 tablespoons oil

Preparation

1. In a skillet, heat the oil and sauté the chicken until fully cooked.
2. Transfer the chicken to a bowl and set aside.
3. Saute the onions until tender; add the chicken, shitto sauce, water, red peppers, tomatoes and simmer until the sauce has thickened.
4. Serve alone, with rice or with gari.



Ingredients

- 125g baobab fruit powder
- 250-300g sugar
- 2 liters water

Preparation

- Pour baobab powder into a large bowl.
- Add water and stir.
- Filter the mixture through a sieve to ensure consistent texture.
- Add sugar to filtered juice to taste and stir.
- Transfer the juice to a pitcher.
- Serve at room temperature or over ice.
- Keep in refrigerator for up to 5 days.





~ BISSAP JUICE ~



~ RED RED WITH GARI ~

Ingredients

- 2 liters water
- 1 cup dried hibiscus leaves
- 1 cup sugar (or to taste)
- 1 stick of peeled ginger
- Mint as garnish

Preparation

1. Pour water in a large pot and add Fruitales Dried Hibiscus Leaves and ginger.
2. Bring the water to a boil and boil for 15 minutes.
3. Turn off the burner and let the hibiscus, ginger and water rest for 15 minutes.
4. Strain the bissap water, discarding the leaves and the ginger.
5. Add the sugar to the bissap, stirring until dissolved
6. Serve with ice cubes and a sprig of mint.



Ingredients

- 2-3 cups dried black-eyed peas or similar
- 1 cup red palm oil (or vegetable oil)
- 1-2 onions, thinly sliced
- 2-3 ripe tomatoes, quartered
- Small piece of smoked or dried fish or fried meat if preferred
- Cayenne pepper or red pepper
- Salt to taste
- Several ripe or near-ripe plantains (but not overly ripe)
- Gari as garnish
- 1 bouillon cube (optional)

Preparation

1. Clean the black-eyed peas in water in a large pot. Soak in water for at least an hour or overnight. After soaking, rub between hands to remove skin. Rinse to wash away the skins and any other debris. Drain in a colander. If using smoked or dried fish: remove bones and skin, rinse and soak in water, then dry. If using meat: clean, spice and fry in vegetable oil.
2. Place the black-eyed peas in a large pot, fill with water to just cover the peas. Bring to slow boil, reduce heat, cover, and simmer until peas are tender for thirty minutes to an hour. When cooked, peas should be moist, but not in water.
3. While peas are cooking: Heat oil in a skillet. Fry the onions until slightly browned, then add tomatoes, and fish and dried shrimp (if desired). Mash and stir the mixture to form a sauce.
4. Stir the onion-tomato mixture into the black-eyed peas. Add bouillon or Maggi cubes (if not using fish or shrimp). Simmer for ten minutes. Add salt, black pepper, and cayenne or red pepper to taste.
5. While peas and sauce is simmering: prepare fried plantains. Peel plantains. Cut into 1-2 inch pieces and fry in hot oil until golden.
6. Mix peas and plantains in a bowl and garnish with gari to taste.



~ PALAVA SAUCE ~

Ingredients

- 250 ml (8 fl oz) palm oil
- 3 medium onions, chopped
- 3 large tomatoes, blanched, peeled and mashed
- Salt and pepper to taste (2 red/green chillies, ground)
- 250g cooked chicken, beef or fish (snapper, tuna or salmon)
- 3 bunches of spinach (silver beet) or 750g (1-½ lb) frozen spinach (silver beet), washed and chopped
- 100g egushi (ground shelled pumpkin seeds or pepitas can be used as a substitute)

Preparation

1. Heat palm oil in a saucepan on med-high heat and add onions when oil is fairly hot. Cook the onions until golden.
2. Add the tomatoes, pepper to taste.
3. Add salt to taste with your choice of meat and fish. Allow to simmer on very low heat for 15 minutes, stirring regularly to prevent burning.
4. Add the spinach (silver beet) to the meat mixture. Cover and simmer on low heat for 10-15 minutes or until the spinach (silver beet) is soft and cooked. Stir regularly, taking care not to break the fish.
5. Add the egushi (pumpkin seeds) and stir them into the sauce. Cook for a further 10-15 minutes on low heat.
6. Serve hot with boiled rice, yams, or plantains.



~ GINGEMBRE JUICE ~

Ingredients

- 200g fresh ginger, washed
- 1 liter water
- 100g sugar

Preparation

1. Peel ginger.
2. Roughly chop ginger and then pound to a coarse pulp using a mortar and pestle. Alternatively, grind the ginger in a blender or food processor.
3. Transfer ginger into a bowl and add water. Stir.
4. Let stand for at least 30 minutes.
5. Strain through a fine-meshed sieve, then stir in sugar to taste until dissolved. Add more water to dilute if desired.
6. Serve chilled with ice.
7. Refrigerate for up to 3 days.





~ KOLA COFFEE MOCHA ~



~ MOUKO SHIW ~

Ingredients

- 32 oz. brewed NWCA Kola Coffee
- 8 oz. cream
- 4 oz. Takai, or other chocolate or coffee liqueur
- Sugar to taste

Preparation

1. Mix together coffee, Takai and sugar.
2. Pour the coffee into 4 glasses.
3. Froth the cream, either with a steamer or with a small electric mixer.
4. Pour the cream into glasses and serve.



Ingredients

- 200g jar of chili pepper
- 10 tablespoons olive or coconut oil
- 5 bulbs of fresh whole shallots
- Iodated salt to taste
- Chicken, turkey or duck breast
- Slice of brown bread
- Unpeeled potatoes
- Rosemary leaves
- ½ c water

Preparation

1. Put about 10 tablespoon full of olive or coconut oil into a frying pan and heat.
2. Add some chopped shallots into the hot olive or coconut oil to burn and deodorize the oil.
3. Pour the chili pepper and stir till it fried.
4. Steam the chicken/turkey/duck breast with rosemary leaves with salt to taste.
5. Boil the unpeeled potatoes with a pinch of salt and rosemary Leaves.
6. Add the chopped chicken/turkey/duck breast and the boiled chopped potatoes with its peel into chili pepper which is still being fried.
7. Add about half glass of water.
8. Allow it to simmer on the fire for about 15 minutes.
9. Serve whilst hot with slice of bread and chilled red wine or beer.





~ MILLET PIZZA ~

Ingredients

- 150g of millet flour
- 50g of wheat flour
- A pinch of salt
- 100g of butter or margarine
- 2 table spoons of water
- 100g of swiss cheese
- 250g of fresh tomatoes
- 2 table spoons of oil
- Salt and thyme

Preparation

1. Sift the flour onto a plate.
2. Make a hole in the dough, and add the salt and butter (cut in pieces).
3. Slowly work the flour and butter back and forth to incorporate the flour and butter.
4. Wet, gather the dough, knead it quickly into a ball, and make a ball. Do not overwork it.
5. Pound the ball two to three times with the palm of the hand. Let it rest for 20 minutes
6. Take two pies of 15 to 20 centimeters in diameter. Use a fork to prick the dough.
7. Add the topping on the stretched dough: the cut cheese, the chopped tomatoes, the thyme and a drizzle of oil.
8. Cook in the oven for 25 to 30 minutes
9. Serve hot and enjoy.



SNACKS





Photo credit: off-thebeatentrack.blogspot.com

~ KELEWELE ~

Ingredients

- 4 large yellow-ripe plantains
- 2 tablespoons fresh ginger, grated
- 1 tablespoon ground cloves
- ½ teaspoon salt
- ½ teaspoon ground red pepper
- ¼ teaspoon grated nutmeg
- ¼ teaspoon cinnamon, ground
- 2 tablespoons warm water
- Vegetable oil for frying

Preparation

1. Cut plantains into diagonal slices about ½-inch thick.
2. Stir together ginger, cloves, red pepper, salt, nutmeg and cinnamon in medium bowl. Add water to form paste.
3. Toss plantain slices in the spice mixture until evenly coated. Let stand 30 minutes.
4. Pour enough vegetable oil into large skillet to reach ½-inch up sides. Heat oil over medium-high heat until hot but not smoking.
5. Fry plantain slices, in batches, turning once, until golden brown, about 5 minutes.
6. Transfer fried plantains with slotted spoon to paper towel-lined baking sheet; keep warm in oven while frying remaining plantains.



Photo credit: anissat

~ MILLET COUSCOUS WITH MUSHROOMS ~

Ingredients

- 4 cups thiackry-degué millet couscous
- 4 cups Water
- ¼ kg cleaned and sliced mushrooms
- 1 medium onion, thinly sliced
- 4 tablespoons fresh cream or cream of soy
- Coriander seeds
- ½ lemon
- Olive oil
- Salt and Pepper to taste

Preparation

1. Cook the millet according to the package directions. During this time, sauté the onion in the oil, add the fresh mushrooms, a small spoonful of coriander, salt and pepper.
2. When the water from the mushrooms has evaporated, add the juice of half a lemon and the cream.
3. Toss with the cooked couscous.
4. Garnish with parsley and serve.





Photo credit: food.sidkhullar.com

~ MANGO CHICKEN CURRY ~

Ingredients

- 2 tablespoons vegetable oil
- ½ cup chopped shallots
- 1 tablespoon red curry paste
- 1 tablespoon minced peeled fresh ginger
- 1 pound chicken tenders
- 2 14-ounce cans unsweetened coconut milk
- ½ cup dried mangos, sliced
- 2 tablespoons purchased mango chutney
- ¾ cup chopped fresh cilantro
- Freshly steamed white rice

Preparation

1. Heat vegetable oil in heavy large skillet over medium heat. Add chopped shallots and sauté until golden brown, about 5 minutes. Mix in red curry paste and fresh ginger and cook 1 minute. Add chicken tenders and sauté until cooked through, about 6 minutes. Using tongs, transfer chicken to bowl.
2. Add unsweetened coconut milk and dried mangos to skillet and boil until mixture is reduced to 2 ¼ cups, about 10 minutes. Mix in mango chutney and ½ cup cilantro. Return cooked chicken to skillet. Season to taste with salt and pepper. Stir to heat through. Sprinkle with remaining ¼ cup cilantro. Serve over rice.



~ TATALE ~

Ingredients

- 2 over ripe plantains
- 1 small onion, diced
- 1-2 ounces self-rising flour
- 1 teaspoon palm oil
- Salt and pepper
- Oil (for frying)

Preparation

1. Peel and mash plantains well.
2. Put into a bowl and add enough flour to bind.
3. Add the onion, palm oil, salt and pepper to taste.
4. Mix well and leave to stand for 20 minutes.
5. Add oil to a sauté pan (generously coating the bottom and sides) and heat over medium heat.
6. Once the oil is hot, scoop the batter in tablespoon-sized portions into the pan and fry until golden brown.
7. Place cooked tatale cakes on paper towel to soak up excess oil. Serve hot.



MAIN DISHES



Photo credit: voodoolily.blogspot.com

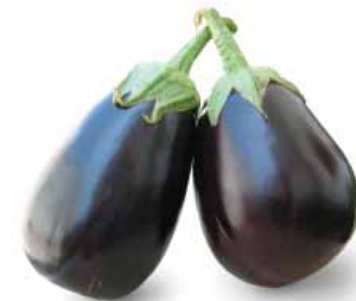
~ KEDJENOU ~

Ingredients

- 1 large chicken (1.4kg) cut into serving-sized pieces
- 4 small aubergines, chopped
- 6 okra, chopped
- 2 onions, chopped
- 1 hot chilli, chopped
- 4 tomatoes, blanched, peeled and chopped
- 1 small piece of fresh ginger
- 1 bay leaf
- 1 sprig thyme
- 2 garlic cloves, minced
- 120 ml chicken stock
- 1 tbsp peanut oil

Preparation

1. Pre-heat oven to 160°C
2. Combine all ingredients in a large oven-safe cooking pot. Stir.
3. Seal with a tight-fitting lid or aluminium foil.
4. Place in oven and cook for 100 minutes. Shake the dish every 10 minutes or so to prevent sticking.
5. Let chicken cool and serve with rice or attieke.





~ GROUNDNUT SOUP ~



~ ATTIEKE SALAD WITH FISH ~

Ingredients

- 1 ½ c groundnut paste (peanut butter)
- 6 medium – sized smoked fish
- 3 tomatoes
- 6 okros
- 3 garden eggs (optional)
- Ground pepper and Salt
- 2 large onions, chopped (optional)
- ½ lb meat (optional)
- 4 pint cold water
- 2 large crabs (optional)

Preparation

1. Add water, fish, meat, crabs, tomatoes, onions and salt to a large pot.
2. Cook on low heat until the onions are soft. Remove tomatoes.
3. Mix groundnut paste with a little stock, add to soup, and add ground pepper.
4. Grind tomatoes and add to soup together with cleaned garden eggs and okros.
5. Cook slowly, simmering for about 45 minutes.
6. Serve hot with boiled fufu, rice, banku or kenkey.



Ingredients

- 600g of Attieke Vrai Vrai
- 4 tomatoes
- 1 bunch of chives
- 1 bunch of parsley
- 1 bunch of green mint
- 2 filets of fish
- 1 lemon
- 3 tablespoons of vegetable oil
- 1 tablespoon of vinegar
- Salt and pepper

Preparation

1. Chop up the parsley, chives and mint.
2. Slice up the tomatoes.
3. Fry the fish and cut them up into small pieces.
4. Mix the fish with the tomatoes, parsley, chives and mint.
5. Add the attieke.
6. Prepare vinaigrette, combining lemon juice, oil, vinegar, and a pinch of salt and pepper.
7. Toss the attieke mixture with the vinaigrette and serve.





~ BAKED FISH WITH HIBISCUS LEAVES SAUCE ~



~ CHICKEN YASSA ~

Ingredients

- 4 small, whole fish (tilapia, grouper or snapper)
- 1 jar of Fruitales' Hibiscus Leaves sauce
- 2 tomatoes, diced
- 1 large onion, thinly sliced
- 1 bunch of parsley, finely chopped
- 3 cloves of garlic, chopped
- Salt and pepper
- 2 tablespoons of oil

Preparation

1. Pre-heat oven to 180° C.
2. Clean the fish. Season both sides of each fish with salt, pepper, and chopped garlic.
3. Line the bottom of a baking dish with the onion slices.
4. Place the seasoned fish side by side in the baking dish, on top of the onions.
5. Spread the parsley and tomatoes over the fish and sprinkle with oil.
6. Place baking dish in oven and cook for approximately 10 minutes.
7. Spread the Hibiscus Leaves sauce over the fish and cook for an additional 2-3 minutes.
8. Serve hot with hot pepper.



Ingredients

- 1 chicken
- 5 large onions, minced
- 2 garlic cloves, chopped
- 1 cup mustard
- ½ cup green pimento-stuffed olives
- 2 large carrots, diced
- Salt
- Pepper
- 1 teaspoon nutmeg
- 3 cubes chicken stock
- Peanut oil

Preparation

1. Cut the chicken into 10 pieces.
2. Pre-heat oven broiler.
3. Mix the chicken pieces, 1 chopped garlic clove, 1 crumbled cube of chicken stock, half cup mustard, salt, pepper and nutmeg in a bowl. Let marinate for 30 minutes.
4. Place the marinated pieces of chicken on a baking sheet and broil for 30 minutes.
5. Saute the onions and remaining garlic in a large cooking pot for a few minutes.
6. Add the chicken and the remaining mustard. Mix well.
7. Add water gradually to cover chicken and simmer for 15 minutes.
8. Add the remaining cubes of chicken stock and simmer gently for an additional 30 minutes.
9. Serve with plain rice, plantains or boiled igname.

